

## Follow-up Visits and Tests

### *After your lung transplant surgery*

*This handout explains follow-up care after your lung transplant surgery.*

After you leave the hospital, a team of transplant specialists will manage your care. Your Lung Transplant Team will include:

- *Pulmonologists* (lung doctors)
- Surgeons
- Transplant nurse coordinators
- Pharmacists
- Nutritionists
- Social workers
- Respiratory therapists
- And, most important of all, you!

Members of the Lung Transplant Team will work closely together to help you recover from the transplant surgery. We will also help promote your ongoing health.

### Follow-up Visits

After you leave the hospital, you will need to return to UW Medical Center (UWMC) - Montlake campus often. You will have follow-up clinic visits and testing at least once a week for the first 4 to 6 weeks.

Right before each clinic visit, you will have a blood draw, a chest X-ray, and pulmonary function testing (spirometry). These tests will help tell us how you are doing after your lung transplant surgery.



*You will come to the hospital for follow-up blood draws and clinic visits once a week for the first 4 to 6 weeks after you leave the hospital.*

After 4 to 6 weeks, your visits may be less often, depending on how your recovery is going.

## On the Days of Your Clinic Visits

On the days of your follow-up visits:

- Plan on being at the hospital for most of the morning.
- You may eat before your clinic visits.
- Do not take your morning medicines (except pain medicines, if needed) until after your blood draw.
- After your blood draw, take your morning medicines as usual.

Unless we tell you otherwise, you will **always** have these tests at UWMC - Montlake **before** you go to the clinic:

- Labs (“timed” blood draw) at Outpatient Blood Draw on the 3rd floor
- Chest X-ray (CXR) at Radiology on the 2nd floor
- Pulmonary function testing (PFT) at Lung Testing on the 5th floor

## Blood Draw

Your blood should be drawn **11 to 12 hours after you take your evening dose of your immunosuppressant** (tacrolimus or cyclosporine). Timing of this blood draw is important for accurate results. For example, if you take your evening immunosuppressant at 8 p.m., you **must** have your blood drawn between 7 a.m. and 8 a.m. the next morning.

For your blood draw, go to Outpatient Blood Draw on the 3rd floor. The orders for your blood tests will already be in the computer.

## Chest X-ray

For your chest X-ray, go to the Radiology department on the 2nd floor. Your X-ray order will already be in the computer.

## Pulmonary Function Testing

For your spirometry test:

- Please be on time for your appointment.
- Go to Lung Testing on the 5th floor, across from the Pacific elevators, at your appointment time.

- Be sure to get a copy of your test results to take with you to the clinic.

To be on time for your Lung Testing appointment, you might need to delay your chest X-ray until after your spirometry. **But, you must always have your blood draw 11 to 12 hours after taking your evening immunosuppressants.**

### Clinic Visit

When you are done with your tests, you will meet with the pulmonologist in the Medical Specialties Clinic on the 3rd floor. During this visit:

- Your doctor will examine you and evaluate your X-ray, labs, and spirometry results.
- The transplant pulmonologist or nurse coordinator will go over your medicine list.
- We will refill your prescriptions as needed.
- We will answer any questions you may have about your health.

### What to Bring on Clinic Visit Days

- Bring your log of vital signs and your medicine list to all your clinic visits.
- **Bring your medicines with you.** If your tests or your visit take longer than you had planned, you must be able to take your medicines at the right times.
- Bring a list of your questions to ask the Transplant Team.
- If you have diabetes or high blood sugar, remember to bring:
  - Your glucometer
  - Your insulin
  - A snack

## Questions to Ask

Use this space to write down the questions you want to ask the Transplant Team at your follow-up visits. Bring this page with you to your visit.

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### **Questions?**

Your questions are important. Call the UW Medicine Lung Transplant Team if you have questions or concerns:

**Weekdays from 8 am. to 4 p.m.:** Call 206.598.5668.

**After hours and on weekends and holidays:** Call 206.598.6190 and ask to page the Pulmonary Transplant fellow on call.